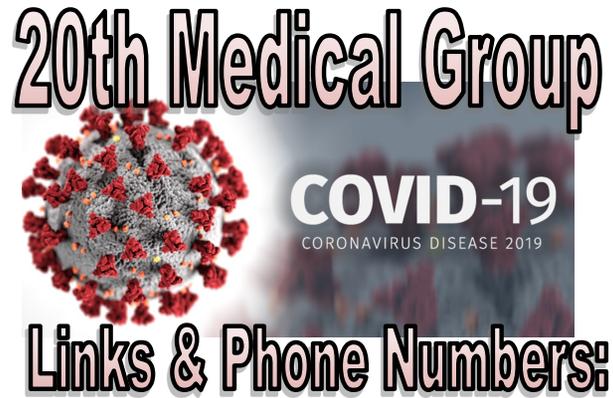


Common symptoms of COVID-19:

Fever, chills, cough,
shortness of breath, difficulty breathing,
fatigue, muscle or body aches,
headache, new loss of taste or smell,
sore throat, congestion or runny nose,
nausea or vomiting, diarrhea.

Emergency Symptoms of COVID-19:

Trouble breathing, persistent pain
or pressure in the chest, new confusion,
inability to wake or stay awake,
bluish lips or face.



COVID-19 Contact Guidance:

<https://scdhec.gov/covid19/covid-19-contact-guidance>

CDC Travel Guidance:

<https://www.cdc.gov/coronavirus/2019-ncov/travelers/index.html>

Appointment Line

803-895-CARE(2273)

Public Health

803-895-6193

After Hours Contact

803-895-CARE(2273)

Current as of **12 January 2022**

Changes are highlighted in red



20th Medical Group COVID-19 INFORMATION BROCHURE

COVID-19 VACCINE WALK-IN

Location: Bldg 1042 Shaw Clinic, Immunizations

Address: 420 Polifka Dr., Shaw AFB, SC 29152

*Hours: Mon thru Fri
07:30-11:00 & 1300-1500

COVID-19 TESTING APPOINTMENT ONLY

Location: Bldg 1406 across from Commissary
(old Wells Fargo bank)

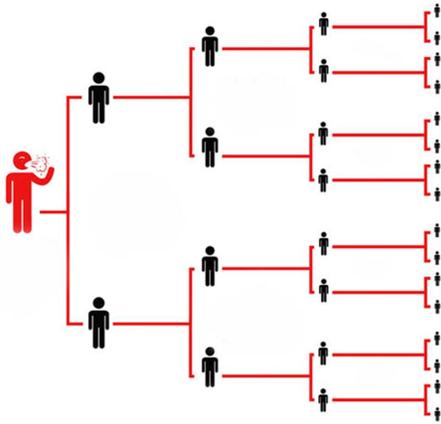
Address: 530 Exchange St., Shaw AFB, SC 29152

*Hours:
Mon thru Thurs 07:30-14:30
Fri 07:30-11:00

Appointment Line Phone:
(803) 895-CARE(2273)

*Federal Holiday and Wing Family Days Closed

TRAVEL DURING A PANDEMIC IS A HIGH RISK ACTIVITY...



CDC RECOMMENDATIONS FOR TRAVEL DURING THE COVID-19 PANDEMIC

Travel increases your chance of getting and spreading COVID-19. Staying home is the best way to protect yourself and others. Do not travel if you are sick, have not ended isolation, or have not ended quarantine.

- Determine if your destination has requirements or restrictions for travelers.
- Wear a well-fitting mask during travel.
- Avoid close contact whenever possible.
- Wash hands or use hand sanitizer often.
- Avoid touching your eyes, nose, and mouth.

COMMON TERMS ASSOCIATED WITH COVID-19

Close Contact: someone who **is unvaccinated or are more than 5 months out from their second Pfizer or Moderna dose (2 months out from their J&J dose) and not yet boosted**, was within 6 feet of a COVID-19 positive individual for a cumulative total of 15 minutes or more over a 24 hour period starting from 2 days before illness onset (or, for asymptomatic patients, 2 days prior to positive specimen collection) through the time when the infected person completes their isolation period.

Contact of a Contact: low risk individual, can return to work with symptom checking.

Isolation: keeps someone who is sick or tested positive for a communicable disease away from others. **People will isolate (stay home, away from others) for a minimum of 5 days and an additional 5 days post-isolation of mask wear when around others to minimize the risk of infecting people they encounter.** Isolation may end after 5 days only if individuals are asymptomatic **or** their symptoms are resolving (without fever for 24 hours). ***Shaw AFB personnel will contact their first line supervisor on day 5 of isolation to relay any persistence or absence of symptoms. Personnel must contact their provider to extend any quarters.**

Quarantine: the separation of personnel from others as a result of suspected exposure to a communicable disease. Close contacts must stay home (quarantine), away from others and self monitor for a minimum of 5 days following last exposure with an additional 5 days of strict mask wear post-quarantine.

Restriction of Movement (ROM): the limitation of personal liberty for the purpose of ensuring health, safety, and welfare. This is predominantly travel driven, testing may or may not be completed based on travel specifics and guidance. This requirement will be further defined when identified on an individual/group basis.

Asymptomatic: This means you have no symptoms.

Symptomatic: You have a sign or symptom of a communicable disease. In this case COVID-19.